Sunday July 16, 2017
Emotional Wholeness And Deliverance Series
Part 3 : Journeying Into Wholeness

3 John 1:2
Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

God Restores Our Soul

Psalm 23:3
He restores my soul; ...

Quick Review

Part 1 : Problems And Causes

God desires for us to be holy and whole.
The soul can be sick in that there can be problems in a person's soul.

LIFE'S PROBLEMS RELATED TO PROBLEMS IN THE SOUL

A, Behavior and choices
B, Emotional wellbeing
C, Relational problems
D, Life experiences
E, Physical health

CAUSES OF PROBLEMS

#1, Wrong Thinking, Wrong Mindsets, Wrong Believing
#2, Wrong Speaking, Wrong Words
#3, Continual Deep Seated Sin
#4, Trauma And Adverse Experiences
#5, Involvement In Occult And False Religions
#6, Ancestral Commitments And Practices
Evil spirits Causing Problems

Part 2 : Receiving Healing And Deliverance

Basis For Our Healing And Deliverance
Involves Healing, Deliverance And Journeying Into Wholeness

Receiving Healing And Deliverance
#1, Repent.

#2, Ask God For Forgiveness.
#3, Believe In And Receive The Completed Work Of Christ On The Cross.
#4, Release Forgiveness.
#5, Embrace The Truth Of God's Word .
#6, Renounce The Lies.
#7, Close All Doors (Entry Points).
#8, Expel Evil Spirits.
#9, Consecrate Yourself To The Lord.
#10, Welcome The Work Of The Holy Spirit.

Ongoing Lifestyle Changes
#11, Sever All Ties.
#12, Renew Your Mind With The Word Of God.
#13, Develop A Godly Lifestyle.
#14, Learn And Develop Skills You Need For A Fruitful Life.

Today

Emotional Wholeness & Deliverance Series
Part 3: Journeying Into Emotional Wholeness

We talk about how to continue in this journey to wholeness.

While we can pray and take action to receive healing and deliverance for our emotions, we must also develop spiritual disciplines for us to journey into a place of emotional wholeness and stay emotionally whole.

We discuss here **three very important spiritual truths and practices** we must live by consistently as we journey into a place of emotional wholeness:
1, Receiving The Father's Love
2, Being Established In Your Identity in Christ
3, Releasing The Past

While each of these three topics are extensive and we can do elaborate studies in themselves, we present some key insights on each of these to help us begin to grow in these areas.

Let's outline each one of these:

#1, Receiving The Father's Love

One of the key messages of the Bible is the love of God and God being our Heavenly Father.

God loved the world so much, He gave His only Son for us (John 3:16).
He did this for us even when we were still sinners (Romans 5:8).

In fact this was His plan even before creation!

Ephesians 1:4-6
4 just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love,
5 having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will,
6 to the praise of the glory of His grace, by which He made us accepted in the Beloved.

He chose us to be holy and without blame before Him covered, clothed, surrounded, immersed in His love. And out of His immeasurable, unconditional love He brought us in to be His own sons and daughters and He was absolutely pleased to do this and make this happen!

God loved us so deeply, with a great love, even when we were dead in sins. He loved us so much that He would bring us out of what we were in and elevate us to be seated with Him.

Ephesians 2:4-7
4 But God, who is rich in mercy, because of His great love with which He loved us,
5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved),
6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,
7 that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.

Our Heavenly Father loves us with an immeasurable, unlimited, and unconditional love!

Ephesians 3:17-19
17 that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love,
18 may be able to comprehend with all the saints what is the width and length and depth and height—
19 to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

We need to be securely and firmly established in the love that God has for us.
We are to know by experience this immeasurable love, this love that is beyond knowledge.

The Father's Unlimited, Immeasurable, Unconditional Love Sets Us Free

Perfect love comes from only One Source - God. Experiencing perfect love liberates us. Perfect love banishes all fear (1 John 4:18). It sets us free from fear.

Fear has torment. One other place has torment - hell. Living in fear, is like living in hell, in a place of torment.

Experiencing the Father's love releases us...
...from every sense of guilt, shame and condemnation. We are holy and without blame covered by His love (Ephesians 1:4).
...from feeling unloved or rejected. We are fully, completely and totally accepted in the Beloved (Ephesians 1:6)
...from the need to perform or earn His love. He loved us even before we knew Him (1 John 4:9-10).
...from all sense of unworthiness and worthlessness. In His love He has adopted us as His own sons and daughters (Ephesians 1:5).
...from feeling like a captive, enslaved and trapped. You are free. He did not give us the spirit of slavery to be fearful like slaves (Romans 8:15).
...from all sense of being controlled, manipulated, used. We are empowered by His love.
...from all feelings of fear in our lives, fear about the future, fear about failure, fear about lack and insufficiency. His perfect love drives out all fear (1 John 4:18).

We Simply Receive The Father's Love, In Order To Experience What His Love Does For Us

We must simply receive His love in order to experience His embrace.
You simply let Him love you, because He is love, because He is your Father.
...not because you've been His best child.
...not because you've earned it.
...not because you've done so much for Him.
...but let Him love you, because He just simply wants you to receive His love

We must learn to rest in His love and live out of this love He has for us.

We find all our emotional needs met, a complete sense of acceptance when we receive a revelation of the Father's love.

Receiving the Father's love brings deep emotional healing and brings us into a place of emotional wholeness and well-being.

We also find our complete identity out of this place of being His son or daughter.

#2, Being Established In Your Identity in Christ

Another very important truth that brings us into a place of emotional wholeness is for us to be established in our identity in Christ.

We have taught quite often on this subject. All of us need to know who God has made us to be and what God has done for us in Christ.

Who you are in Christ is your true identity. Who you are in Christ is who you really are.

When we are established in our identity in Christ, this
- transforms the way we relate to God,
- transforms the way we look at ourselves,
- transforms the way we relate to others,
- transforms the way we face life's situations, and
- transforms the way we stand up against the devil.

(we have put the following together in our church App)

You are...
- A child of God
- A new creation
- Abiding in Him
- Alive with a new life
- An heir and joint-heir
- Assured of all promises
- Blessed with all blessings
- Delivered
- Enriched
- Established in God
- Filled with God's fullness
- Free from the law
- Free from worthless rituals and traditions
- Given abundance of grace
- Given eternal life
- Given wisdom from God

- God's dwelling place
- Identified in His death
- Justified
- Loved by God
- One body
- One with Christ
- Part of an eternal purpose
- Preserved
- Raised up
- Redeemed
- Righteous
- Sanctified
- Sealed
- Seated in Christ
- Victorious
- Walking in Him
- Will be resurrected

These truths have to be settled in our hearts and minds.
We must live out of these truths all the time.

#3, Releasing The Past

Almost all of us have been through one or more rough times and situations in our past. It is very rare that we find someone who had a perfect, absolutely peaceful past.

While we cannot undo our past, and we cannot pretend that things we went through did not happen - we must learn to release the past.

We cannot permit the past to hold us captives.
We cannot permit the past to keep us from our future.
We need to release and be healed of the painful, hurtful, sometimes toxic memories of the past.

We must not look at our future through the lens of our past. We must learn to look at our future through the promises of God's Word.

Jacob

Jacob had cheated his brother Esau and stolen Esau's birthright. He ran away to his uncle, and now after twenty years (Genesis 31:38,41), he was returning home, and he had to meet his brother Esau, on the way (Genesis 32:3). Jacob became fearful and very disturbed, when he heard that Esau was coming to meet him along with 400 men (Genesis 32:7). So Jacob cried out to the Lord. That night Jacob had an encounter with God, where he engaged intensely with God (Genesis 32:11-32; Hosea 12:3-4). God changed his name from Jacob (meaning 'cheater') to Israel (a man who is a prince with God, a man who has stature with God).

Jacob now went to meet Esau, not as Jacob but with his new identity, as Israel.
Esau would not be able to do anything to change who Jacob was, because what Jacob now had, he had received directly from God.

So you and I need to face our past based on our new identity in Christ.
This is who we are.

We are new creation. All old things have passed away. All things now are from, of and because of God (2 Corinthians 5:17).

Joseph

Joseph must have had a traumatic or at least a very difficult time for about 13 years. Joseph could have held a lot of bitterness, anger, hatred, vengeance and resentment toward his brothers who sold him off as a slave. He could have held a lot of anger towards Potiphar's wife for falsely accusing him and even towards Potiphar for being unjust towards him.

Yet God brought him out of his difficulties and did such an amazing work, Joseph could say these words:

Genesis 41:51-52
51 Joseph called the name of the firstborn Manasseh: "For God has made me forget all my toil and all my father's house."
52 And the name of the second he called Ephraim: "For God has caused me to be fruitful in the land of my affliction."

Genesis 41:51-52 (Bible in Basic English)
51 And to the first he gave the name Manasseh, for he said, God has taken away from me all memory of my hard life and of my father's house.
52 And to the second he gave the name Ephraim, for he said, God has given me fruit in the land of my sorrow.

God is able to do such a work in us that He can release us from the pain, the hurt, the regret, the toxicity of the past and cause us to have joy, peace, blessing in the very areas of our deepest pain.

#1, Give up your right

However, we must be willing to give up our right to hold our past - against God, against others, against ourselves.
We must give up our right to hold on to the people, events and emotions of the past that have caused us pain.

Give up your right to say: "God where were you when all these things happened to me? Why did you permit all this to happen to me?"
Give up your right to hold things against others: "Why did they do this to me?" or "I hate them for what they did to me".
Forgive yourself and don't hold your past mistakes against yourself. Stop saying: "I can never forgive myself for what I did".

#2, Place your past in God's hands

He is the One who removes our past and causes all old things to pass away.
He is the One who casts our sins in the depths of the sea (Micah 7:19).
He is the One who removes our sins away from us, as far as the East is from the West (Psalm 103:12).
Our sins and lawless deeds, He remembers no more (Hebrews 10:17).
He is the One who makes all things new (Revelation 21:5).

Think about each of your past events that have caused you pain and hurt. Is it injustice, betrayal, abuse, rejection, suppression, etc. Place each event in the hands of the Lord. He is the One who releases you from the hold of those events on your life. He is the One who can make all things new.

#3, Release forgiveness

Release forgiveness to all those who have hurt you, offended you and caused you pain.

#4, Stand firm with your decision

Refuse to yield to the temptations or accusations that remind you of your past.
When thoughts, memories, negative emotions come back, stand firm with your decision that you have (A)given up your right to hold on to the emotions, hurts, events and

people from the past and (B)you have already placed these events, people and emotions in the hands of the Lord. You are not going to go back and live in the past.

Isaiah 43:18-19,25
18 "Do not remember the former things, Nor consider the things of old.
19 Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.
25 "I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.

Isaiah 54:4
"Do not fear, for you will not be ashamed; Neither be disgraced, for you will not be put to shame; For you will forget the shame of your youth, And will not remember the reproach of your widowhood anymore.

Isaiah 61:7
Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs.

Next Week
Emotional Wholeness & Deliverance Series
Part 3: Staying Emotionally Whole

LIFE GROUP STUDY GUIDE

Emotional Wholeness And Deliverance Series
Part 3 : Journeying Into Wholeness

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation
To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online

at apcwo.org/sermons . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome
The Life Group meeting may commence with a time of prayer, worship and a fun activity.

LISTEN to God's Word

Read the following Scripture passages: *Ephesians 1:4-6; Ephesians 2:4-7; Ephesians 3:17-19; 2 Corinthians 5:17; Genesis 41:51-52; Isaiah 43:18-19,25*

INVESTIGATE God's Word Together

Discuss these together, giving time for people to share their insights.
We encourage each one individually to make notes of their personal learning during the Group study.

In this message we discussed three important Scriptural truths and practices we must maintain as we journey into emotional wholeness. Let us discuss the application of each of these.

#1, Receiving The Father's Love
A) Why is it so important for us to know that we are immeasurably and unconditionally loved by our Heavenly Father?
B) In everyday life and in practical ways, how do we "receive" and "know by experience" this great love that God our Father has for us?

#2, Being Established In Your Identity in Christ
A) How do we practically transition from living purely out of our natural identity into consciously living out of our identity in Christ?

#3, Releasing The Past
A) While we must learn from past mistakes and experiences, why is it important to let go of the past?
B) Review and discuss the four pointers shared in releasing the past. How would you do this on a day-to-day basis: (i)Give up your right, (ii)Place your past in God's hands, (iii)Release forgiveness, and (iv)Stand firm with your decision

If time permits, each one takes a few (3 minutes max) to share one or two main learning today and how they see themselves applying it into their specific life situations. Within the group, feel free to share areas of emotional healing that may be needed. (Keep all matters confidential).
Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and close by thanking God together.

USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.
YOUTUBE: https://youtube.com/allpeopleschurchbangalore
WEBSITE: https://apcwo.org/live

Our other websites and free resources:
CHURCH: https://apcwo.org
FREE SERMONS: https://apcwo.org/resources/sermons
FREE BOOKS: https://apcwo.org/books/english
DAILY DEVOTIONALS: https://apcwo.org/resources/daily-devotional
JESUS CHRIST: https://examiningjesus.com
BIBLE COLLEGE: https://apcbiblecollege.org
E-LEARNING: https://apcbiblecollege.org/elearn
WEEKEND SCHOOLS: https://apcwo.org/ministries/weekend-schools
COUNSELING: https://chrysalislife.org
MUSIC: https://apcmusic.org
MINISTERS FELLOWSHIP: https://pamfi.org
CHURCH APP: https://apcwo.org/app
CHURCHES: https://apcwo.org/ministries/churches
WORLD MISSIONS: https://apcworldmissions.org